



Laser Hair Removal Pre and Post Treatment Instructions

Thank you for choosing TLC Laser & Skincare for your Laser Hair Removal treatment. By carefully following these instructions you will help achieve the best results possible.

Pre-Treatment

- Refrain completely from unprotected sun exposure, use of tanning beds, or tanning creams in the areas to be treated, 4-6 weeks prior to treatment, and for the duration of your treatment. Darkly pigmented skin may absorb a portion of the energy that should be targeting pigmented/vascular lesions and could cause prolonged pigment changes that could last 6-12 months.
- For 6 weeks prior to your laser treatments do not wax, tweeze, use depilatories, undergo electrolysis, or bleach the hair you are seeking to remove. Shaving or clipping is permitted as often as desired.
- If you have a history of cold sores or herpes in the area to be treated, you will need to take a prescribed antiviral medication to prevent an outbreak post treatment. An antiviral medication can be prescribed. Please notify our office immediately should you develop any outbreak or rash of any kind during treatment. Treatment will need to be postponed until it clears.
- Refrain from use of topical creams, astringents, or irritants such as Retin-A, glycolic, toners and AHA in treatment area one week prior to and one week after treatment.
- Should you desire or need a topical anesthetic, we can recommend an effective product for you.
- Shave the treatment area the day of your treatment unless instructed otherwise.

Post-Treatment

- A mild sunburn-like sensation is expected. This usually lasts 2-24 hours but can persist up to 72 hours. Mild swelling and/or redness may accompany this, but it usually resolves in 2-3 days.
- Appearance of the hair growth or stubble will continue for 7-30 days post treatment. This is not new growth, but the treated hairs being expelled from the skin. Please do not pick, rub or scratch.
- Apply ice or cold packs to the treatment area for 10-15 minutes every hour as needed. An oral, non-steroidal anti-inflammatory, such as acetaminophen may be taken to reduce discomfort. Use according to manufacturer's directions.
- Bathe or shower as usual. Treated areas may be temperature sensitive. Cool showers or baths will offer relief. Use a gentle cleanser and moisturizer.
- Avoid aggressive scrubbing and use of exfoliants, scrub brushes, loofa sponges until the treatment area has returned to it pre-treatment condition.
- Until redness has completely resolved, avoid all of the following
 - Swimming, especially in pools with chemicals, such as chlorine.
 - Hot Tubs and Jacuzzis.
 - Activities that cause excessive perspiration.

If you have any questions or concerns after your treatment, please contact us at **262-569-7335** or after hour emergencies email at **info@tlclaserandskincare.com**

For Optimum results it is imperative that you keep all your appointments. The treatment plan is customized to your individual condition and your treatment schedule has a direct effect on your final results.